AMENDMENTS TO THE CLAIMS

1.   (Canceled)

2.   (Canceled)

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104.   (New) A method for assisting an individual to monitor, control and modify

certain aspects of the individual's physiological status according to a preset physiological status

goal, the method comprising:

        establishing said physiological status goal according to certain preselected

physiological parameters of said individual;

        affixing a physiological monitoring device in proximity to the body of the

individual;

        generating data indicative of one or more measured parameters of said individual

using said device;

        using said data indicative of one or more measured parameters to determine status

information indicative of the relative degree of achievement of said individual's performance

7

with relation to said physiological status goal and providing said status information to said individual.

105. (New) A method according to claim 104, wherein said physiological status goal comprises a plurality of categories.

106. (New) A method according to claim 105, wherein said status information is determined and provided with respect to each of said categories.

107. (New) A method according to claim 106, wherein said categories relate to two or more of nutrition, activity level, mind centering, sleep, and daily activities.

108. (New) A method according to claim 104, wherein said providing step comprises providing at least a portion of said status information in graphical form.

109. (New) A method according to claim 104, wherein at least two sensors selected from the group consisting of physiological sensors and contextual sensors are in electrical communication with said device, said sensors generating data indicative of at least a first parameter and a second parameter of said individual.

110. (New) A method according to claim 109, said generating step further comprising generating derived data based on said data indicative of at least a first parameter and a second parameter, said derived data comprising a third parameter of said individual, said third parameter

8

being an individual status parameter that cannot be directly detected by any of said at least two sensors, said one or more measured parameters including said third parameter.

111. (New) A method according to claim 109, said data indicative of one or more measured parameters including said data indicative of at least a first parameter and a second parameter, said using step further comprising generating derived data based on said data indicative of at least a first parameter and a second parameter, said derived data comprising a third parameter of said individual, said third parameter being an individual status parameter that cannot be directly detected by any of said at least two sensors and using at least said third parameter to determine said status information.

112. (New) A method according to claim 110, said at least two sensors being chosen from the group consisting of respiration sensors, temperature sensors, heat flux sensors, body conductance sensors, body resistance sensors, body potential sensors, brain activity sensors, blood pressure sensors, body impedance sensors, body motion sensors, oxygen consumption sensors, body chemistry sensors, body position sensors, body pressure sensors, light absorption sensors, piezoelectric sensors, electrochemical sensors, strain gauges, and optical sensors.

113. (New) A method according to claim 110, said at least two sensors being chosen from the group consisting of body motion sensors adapted to generate data indicative of motion, a skin conductance sensors adapted to generate data indicative of the resistance of said individual's skin to electric current, heat flux sensors adapted to generate data indicative of heat flow, body potential sensors adapted to generate data indicative of heart beats of said individual,

and temperature sensors adapted to generate data indicative of a temperature of said individual's skin, said data indicative of at least a first parameter and a second parameter comprising at least two of said data indicative of motion, said data indicative of resistance of said individual's skin to electric current, said data indicative of heat flow, said data indicative of heart beats and said data indicative of a temperature of said individual's skin.

114. (New) A method according to claim 110, wherein said derived data comprises data relating to at least one of activity level, sleep, nutrition, stress level and relaxation level.

115 (New) A method according to claim 113, wherein said derived data comprises data relating to calories burned and is based on at least said data indicative of motion and said data indicative of heat flow.

116. (New) A method according to claim 115, wherein said derived data is also based on said data indicative of resistance of said individual's skin to electric current.

117. (New) A method according to claim 111, said at least two sensors being chosen from the group consisting of respiration sensors, temperature sensors, heat flux sensors, body conductance sensors, body resistance sensors, body potential sensors, brain activity sensors, blood pressure sensors, body impedance sensors, body motion sensors, oxygen consumption sensors, body chemistry sensors, body position sensors, body pressure sensors, light absorption sensors, piezoelectric sensors, electrochemical sensors, strain gauges, and optical sensors.

10

118. (New) A method according to claim 111, said at least two sensors being chosen from the group consisting of body motion sensors adapted to generate data indicative of motion, a skin conductance sensors adapted to generate data indicative of the resistance of said individual's skin to electric current, heat flux sensors adapted to generate data indicative of heat flow, body potential sensors adapted to generate data indicative of heart beats of said individual, and temperature sensors adapted to generate data indicative of a temperature of said individual's skin, said data indicative of at least a first parameter and a second parameter comprising at least two of said data indicative of motion, said data indicative of resistance of said individual's skin to electric current, said data indicative of heat flow, said data indicative of heart beats and said data indicative of a temperature of said individual's skin.

119. (New) A method according to claim 111, wherein said derived data comprises data relating to at least one of activity level, sleep, nutrition, stress level and relaxation level.

120. (New) A method according to claim 118, wherein said derived data comprises data relating to calories burned and is based on at least said data indicative of motion and said data indicative of heat flow.

121. (New) A method according to claim 120, wherein said derived data is also based on said data indicative of resistance of said individual's skin to electric current.

11

122. (New) A method according to claim 104, further comprising the step of aggregating said data indicative of one or more measured parameters with data collected from a plurality of individuals to create aggregate data.

123. (New) A method according to claim 122, further comprising the step of creating aggregate data reports based on said aggregate data.

124. (New) A method for assisting an individual to monitor, control and modify certain aspects of the individual's physiological status according to a preset physiological status goal, the method comprising:

establishing said physiological status goal according to certain preselected physiological parameters of said individual;

affixing a physiological monitoring device in proximity to the body of the individual;

generating data indicative of one or more measured parameters of said individual using said device;

using said data indicative of one or more measured parameters to determine the relative degree of achievement of said individual's performance with relation to said physiological status goal; and

providing, to said individual, information indicative of a suggested change in said individual's performance to assist said individual in the achievement of said physiological status goal.

12

125.   (New) A method according to claim 124, wherein at least two sensors selected from the group consisting of physiological sensors and contextual sensors are in electrical communication with said device, said sensors generating data indicative of at least a first parameter and a second parameter of said individual.

126.   (New) A method according to claim 125, said generating step further comprising generating derived data based on said data indicative of at least a first parameter and a second parameter, said derived data comprising a third parameter of said individual, said third parameter being an individual status parameter that cannot be directly detected by any of said at least two sensors, said one or more measured parameters including said third parameter.

127.   (New) A method according to claim 125, said data indicative of one or more measured parameters including said data indicative of at least a first parameter and a second parameter, said using step further comprising generating derived data based on said data indicative of at least a first parameter and a second parameter, said derived data comprising a third parameter of said individual, said third parameter being an individual status parameter that cannot be directly detected by any of said at least two sensors and using at least said third parameter to determine said relative degree of achievement.

128.   (New) A method according to claim 124, said information indicative of a suggested change in said individual's performance being based on aggregate data collected from a plurality of individuals.

13

129. (New) A method according to claim 128, said information indicative of a suggested change being further based on information obtained from a third party source.

130. (New) A method according to claim 129, wherein said third party source comprises a computer and wherein said providing step is automated using said computer.

131. (New) A method according to claim 129, wherein said third party source comprises a person.

132. (New) A method according to claim 129, wherein said third party source comprises a computer and a person and wherein said providing step is automated using said computer.

133. (New) A method according to claim 124, said information indicative of a suggested change in said individual's performance being based on information obtained from a third party source.

134. (New) A method according to claim 133, wherein said third party source comprises a computer and wherein said providing step is automated using said computer.

135. (New) A method according to claim 133, wherein said third party source comprises a person.

136. (New) A method according to claim 133, wherein said third party source comprises a computer and a person and wherein said providing step is automated using said computer.

137. (New) A method according to claim 126, said at least two sensors being chosen from the group consisting of respiration sensors, temperature sensors, heat flux sensors, body conductance sensors, body resistance sensors, body potential sensors, brain activity sensors, blood pressure sensors, body impedance sensors, body motion sensors, oxygen consumption sensors, body chemistry sensors, body position sensors, body pressure sensors, light absorption sensors, piezoelectric sensors, electrochemical sensors, strain gauges, and optical sensors.

138. (New) A method according to claim 126, said at least two sensors being chosen from the group consisting of body motion sensors adapted to generate data indicative of motion, a skin conductance sensors adapted to generate data indicative of the resistance of said individual's skin to electric current, heat flux sensors adapted to generate data indicative of heat flow, body potential sensors adapted to generate data indicative of heart beats of said individual, and temperature sensors adapted to generate data indicative of a temperature of said individual's skin, said data indicative of at least a first parameter and a second parameter comprising at least two of said data indicative of motion, said data indicative of resistance of said individual's skin to electric current, said data indicative of heat flow, said data indicative of heart beats and said data indicative of a temperature of said individual's skin.

15

139.   (New) A method according to claim 126, wherein said derived data comprises data relating to at least one of activity level, sleep, nutrition, stress level and relaxation level.

140.   (New) A method according to claim 138, wherein said derived data comprises data relating to calories burned and is based on at least said data indicative of motion and said data indicative of heat flow.

141.   (New) A method according to claim 140, wherein said derived data is also based on said data indicative of resistance of said individual's skin to electric current.

142.   (New) A method according to claim 127, said at least two sensors being chosen from the group consisting of respiration sensors, temperature sensors, heat flux sensors, body conductance sensors, body resistance sensors, body potential sensors, brain activity sensors, blood pressure sensors, body impedance sensors, body motion sensors, oxygen consumption sensors, body chemistry sensors, body position sensors, body pressure sensors, light absorption sensors, piezoelectric sensors, electrochemical sensors, strain gauges, and optical sensors.

143.   (New) A method according to claim 127, said at least two sensors being chosen from the group consisting of body motion sensors adapted to generate data indicative of motion, a skin conductance sensors adapted to generate data indicative of the resistance of said individual's skin to electric current, heat flux sensors adapted to generate data indicative of heat flow, body potential sensors adapted to generate data indicative of heart beats of said individual, and temperature sensors adapted to generate data indicative of a temperature of said individual's

skin, said data indicative of at least a first parameter and a second parameter comprising at least two of said data indicative of motion, said data indicative of resistance of said individual's skin to electric current, said data indicative of heat flow, said data indicative of heart beats and said data indicative of a temperature of said individual's skin.

144. (New) A method according to claim 127, wherein said derived data comprises data relating to at least one of activity level, sleep, nutrition, stress level and relaxation level.

145. (New) A method according to claim 143, wherein said derived data comprises data relating to calories burned and is based on at least said data indicative of motion and said data indicative of heat flow.

146. (New) A method according to claim 145, wherein said derived data is also based on said data indicative of resistance of said individual's skin to electric current.